

Whole Health, It Starts With Me

What is Whole Health?

Whole Health is VA's approach to care that supports your health and well-being. Whole Health centers around *what matters to you*, not *what is the matter with you*. This means your health team will get to know you as a person and work with you to develop a personalized health plan based on your values, needs, and goals.

Why is VA changing the way health care is provided?

Health outcomes in our country are poor; the US is now ranked 37th in life expectancy, despite spending far more on health care than any other country. It is time to create a health system, rather than a disease care system; one that empowers and equips Veterans to discover a new path to health and well-being.

How is Whole Health different?

Whole Health puts you in control of your care. It focuses on self-care, skill building and support. These services are not diagnosis or disease based but support the personal health plan of each Veteran. Approaches such as stress reduction, yoga, tai chi, mindfulness, nutrition, acupuncture, and health coaching are available. You don't have to wait until something is wrong to improve your well-being. Whole Health encourages you to set goals based on what is important to you, and work toward those goals with your health team.

Will Whole Health help me?

Studies show Veterans who use Whole Health services report being able to manage stress better and note the care they receive as being more patient centered. Veterans with chronic pain who used Whole Health services had a threefold reduction in opioid use compared to those who did not. Veterans report that pain management is not the only benefit of using Whole Health services. They are having success with weight loss, improved mental health as well as better vital signs and diagnostic test results because of their goals focused around the eight self-care areas of the Circle of Health.

When can I start Whole Health? VA Whole Health tools and resources including the Whole Health App are available to you now through the website va.gov/wholehealth. Whole Health services are available through your VA health care facility. Stop in and ask to speak to your VA facility's Whole Health staff.

Are there any Whole Health Groups available at my local VA?

Yes, please see the list of group and individual offerings on the following pages.

We call this image the Circle of Health. It illustrates the concept of a balanced life.

It may be helpful to note which areas you are doing well in, and which areas could use some attention.



